

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



**Dr. Carole's Couch**  
**Tuesday at 1 PM Pacific**  
**March 12th 2019: Got sleep? Insomnia Can Be a Nightmare**

Insomnia costs you more than you think... it's enough to lose sleep over. So, since this is National Sleep Awareness week, today's guest, Dr. David Shirazi, Director of the Sleep Therapy Center of Conejo Valley in Thousand Oaks, California, will give you some advice about how to get more and better sleep. He is the first board certified sleep technologist who is also a dentist and acupuncturist. There are many reasons why you lose sleep - both psychological and physical. These days, many people are kept awake by worries about money, health, family, relationships, work, terrorism and other ba

[Read more](#)



#### Tune in

Tuesday at 1 PM Pacific Time  
on VoiceAmerica Variety  
Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

**Questions? Comments?**  
**Call In Live! Call-In**  
**Toll Free: 1-866-472-5788**  
**Intl: 001-480-398-1394**

#### Featured Guest



##### Dr. David Shirazi

Dr. David Shirazi, DDS, MS, LAC, MA, RPSGT, DABCP, DABCDMSM, started his journey by earning his DDS degree in 2000 from Howard University College of Dentistry, in Washington D.C., after growing up in California.

[Read more](#)

#### Share This Episode



#### Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

[VOICEAMERICA BLOG](#)